



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
5005 N. PIEDRAS ST
EL PASO, TEXAS 79920



BICEP TENODESIS

Revised February 2009

Post-op Days 1 – 7

Sling x 6 weeks – Even while sleeping

- Place pillow under shoulder / arm while sleeping for comfort

NO RESISTED SHOULDER ABDUCTION/FLEXION, ELBOW FLEXION, SUPINATION x 6wks

Hand squeezing exercises

Elbow and wrist active motion (AROM) with shoulder in neutral position at side

Supported pendulum exercises

Shoulder shrugs / scapular retraction without resistance

Ice pack

Goals – pain control/protection

Week 1 - 6

Continue sling x 6 weeks

Continue appropriate previous exercises

Full pendulum exercises

AROM/AAROM as tolerated (pulleys/wand/wall walks)

1-2 Finger Isometrics x 6 (fist in box)

Stationary bike (must wear sling)

Goal – Full AROM

Weeks 6 – 9

D/C Sling

Continue appropriate previous exercises

Rotator cuff strengthening with Theraband

- ER and IR arm at side with rolled towel in axilla
- Flexion to 60 degrees
- Abduction to 60 degrees
- Scaption to 60 degrees
- Extension to 30 degrees

Standing rows with Theraband

Resistive elbow / wrist exercises with light dumbbell

Push-up progression – Wall, etc

Body Blade

Ball on wall (arcs, alphabet)

BAPS / BOSU on hands

UBE – Forwards and backwards at low resistance

Elliptical trainer

Stairmaster
Pool walking / running – No UE resistive exercises

Goals – 30 wall push-ups

Weeks 9 – 12

Continue appropriate previous exercises with increased resistance
PROM / mobilization as needed to regain full ROM
Seated row weight machine with light weight
Push-up progression – Wall to table
Ball toss with arm at side using light ball
Treadmill – Running progression program
Pool therapy – With UE resistance

Goal – Rotator cuff strength WNL

Months 3 – 4

Continue appropriate previous exercises
Fitter on hands
Ball toss overhead
Weight training with light resistance (no overhead press, pull downs, lateral lifts)
Push-up progression – Table to chair

Goals - Run 2 miles at easy pace, 30 chair push-ups

Months 4 – 6

Continue appropriate previous exercises
Push-ups, regular
Sit-ups
Gravitrone – Pull-ups and dips
Swimming
Running progression to track
Progressive weight training program
Transition to home / gym program

Goals

Resume all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

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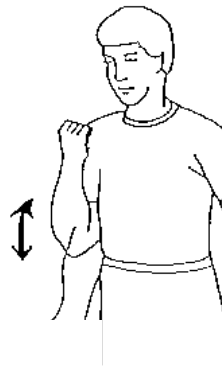
Physical Therapy Clinic
William Beaumont Army Medical Center
El Paso, TX 79920

Shoulder Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

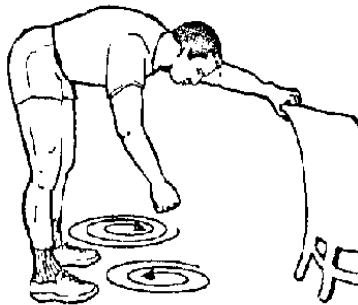
Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day



Appointments?? Questions??

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